

Green Beans and Potatoes in Chunky Tomato Sauce



1 1/2 tablespoons olive oil	1/4 teaspoon freshly ground black pepper
1 garlic clove, minced	1/4 teaspoon ground red pepper
1 1/2 cups diced red potato	
1/2 cup chopped celery	
1/2 teaspoon salt	
1 1/4 pounds green beans, trimmed	
1/4 cup water	
1/3 cup chopped fresh cilantro	
3/4 pound plum tomatoes, peeled and coarsely chopped	

To peel tomatoes, score the skin by making a small X on the bottom side with a sharp knife. Place tomato in boiling water for 30 seconds. Remove tomato using a slotted spoon; immediately submerge in a bowl of ice water. Let stand for one minute. Skin should pull off easily with a sharp knife.

Heat olive oil in a large skillet over medium-high heat. Add garlic to pan; sauté 30 seconds, stirring constantly. Add potato, celery, salt, and beans; sauté 1 minute. Add 1/4 cup water; cover and cook 5 minutes or until beans are crisp-tender. Add cilantro and tomatoes. Cover, reduce heat, and cook 4 minutes or until tomatoes begin to soften, stirring occasionally. Stir in peppers.

Yield: 8 servings (serving size: about 3/4 cup)

CALORIES 70 (35% from fat); FAT 2.7g (sat 0.4g, mono 1.9g, poly 0.3g); IRON 0.7mg; CHOLESTEROL 0.0mg; CALCIUM 47mg; CARBOHYDRATE 11.1g; SODIUM 159mg; PROTEIN 1.9g; FIBER 3.8g

Breakfast Pizza



1 (8-ounce) can reduced-fat refrigerated crescent dinner roll dough
Cooking spray
12 ounces turkey breakfast sausage
1 cup frozen shredded hash brown potatoes, thawed
1 cup (4 ounces) shredded fat-free cheddar cheese
1/4 cup fat-free milk
1/2 teaspoon salt
1/8 teaspoon black pepper
1 (8-ounce) carton egg substitute
2 tablespoons grated fresh Parmesan cheese

Preheat oven to 375°.

Separate dough into triangles. Press triangles together to form a single round crust on a 12-inch pizza pan coated with cooking spray. Crimp edges of dough with fingers to form a rim.

Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble. Drain.

Top prepared dough with sausage, potatoes, and cheese. Combine milk, salt, pepper, and egg substitute, stirring with a whisk. Carefully pour milk mixture over sausage mixture. Sprinkle with Parmesan. Bake at 375° for 25 minutes or until crust is browned.

Yield: 8 servings (serving size: 1 wedge)

CALORIES 203 (28% from fat); FAT 6.4g (sat 1.8g, mono 1.9g, poly 1.6g); IRON 1.5mg;
CHOLESTEROL 13.2mg; CALCIUM 239mg; CARBOHYDRATE 20.3g; SODIUM 771mg;
PROTEIN 15.4g; FIBER 0.4g

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